## Seminole Nation Diabetes Program

(Semvnole Etvlwv Vsukla-Ocakat Emvnicetv)



Earn a T-Shirt

Improve Health

Decrease risk of diabetes by 50%



Reduce Blood Pressure

Create a New Lifestyle

Lose 7% of body weight by Summer

<u>PACE FITNESS</u>

## Family Circuit Training

## Full Body Workout That is NEVER Boring!!

Burn up to 1000 calories for weight loss

Increase stamina and strength

Improve cardio

WORK AT YOUR OWN PACE!!!

Monday and Thursday 5:30pm-6:30pm March 25 thru May 30

Seminole's First Baptist Church @ The Bridge

Contact Jerome Harrison (exercise Specialist)

Cell: 405-220-5397

Email: healthylife@sno-nsn.gov

405-382-3761